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A room and a smile for the sick and weary

Canad Inns. Hotel for hospital guests could become a model for other Canadian cities

SHANE GIBSON
shane.gibson@metronews.ca

He's helped orchestrate the opening of hotels in cities like New York, Boston and Taiwan, but the GM of the new Canad Inns Destination Centre at the Health Sciences Centre says he's never had an experience quite like opening Canada's first hotel linked directly to a major hospital.

"Ninety-nine percent of hotels are built as a destination that people want to go to.... This is a place where 70 per cent of people don't want to go," Colin McBeath told Metro after the $40-million, 16-storey hotel opened this week. "We had to really, really reinvent how a hotel was opened."

Because of the distinct needs of their guests — many are family members of patients or people from out of town coming in for surgery — McBeath and staff at the William Avenue hotel got special empathy training through a partnership with Ronald McDonald House.

Canad Inns CEO Paul Robson said the idea to build a place for patients and their families to stay at the hospital came to company president Leo Ledohowski after visiting his own mother, who was in and out of the hospital on a number of occasions about a decade ago.

You're welcome here

To help out-of-town guests feel at home, Canad Inns held a photo contest for amateur photographers to submit photos from across Manitoba. Those pictures hang in all the hotel's 191 rooms.

"It ended up with relatives sleeping in the room in chairs," said Robson. "That sparked the genesis of the idea."

Dana Erickson, HSC's COO, hopes the hotel turns into a model for other Canadian hospitals.

"Almost 40 per cent of people who come to the hospital are from outside of Winnipeg," he said. "Having family close is just so important."

Colin McBeath, general manager of the Canad Inns Destination Centre at the Health Sciences Centre, says opening the country's first hotel linked to a hospital has been a unique experience. SHANE GIBSON/METRO

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Going back Down Under

Assiniboine Park Zoo director quits

The director of the Assiniboine Park Zoo is going home.

The Assiniboine Park Conservancy announced Tim Sinclair-Smith, its director of zoological operations, is going home to Australia to be closer to family.

"I'm so proud of what we're building here and all Manitobans should be just as proud — with all the changes coming in the next few years the Assiniboine Park Zoo is launching itself into the upper class of animal experiences and conservation programs," said Sinclair-Smith, who played a key role in the zoo's redevelopment plans.

Sinclair-Smith started his job with the zoo in January of 2011. The hunt for his successor is underway. METRO

Alfred Avenue

Police investigate after man shot

A man has been taken to hospital after a shooting in the 300 block of Alfred Avenue on Tuesday evening.

Police were called to the scene at about 9:30 p.m. and found the man suffering from lower-body injuries. He was taken to hospital with non-life threatening injuries.

There were no immediate arrests. Police continue to investigate. METRO

North End

Suspect in custody after stabbing

Police have a suspect in custody after a man was stabbed at a North End home on Wednesday morning.

Reports of a stabbing brought officers to a home at 472 Bannerman Avenue at about 7:30 a.m.

The stabbing victim, an adult man, was taken to hospital in unstable condition.

Police said later in the day on Wednesday that they have a man in custody and the investigation continues.

METRO

Can-can you do the splits?

Amanda Green, principal dancer with the Royal Winnipeg Ballet, plays Nathalie in the RWB's production of Moulin Rouge, which runs until Sunday at the Centennial Concert Hall. This high-kicking show about the famous Paris cabaret will feature Winnipeg Goldeyes pitcher Matthew Rusch in his first walk-on role with the ballet. Visit rwb.org for more information or to purchase tickets. BERNICE PONTANILLA/METRO

Not evacuating could cost you

New bill. Manitobans who won't leave during natural disasters could be on the hook for rescue costs, says NDP

Tough talk

"If there's a situation where, for their own safety, they do have to leave, we're going to make it very clear that rather than send emergency responders into very dangerous situations, we will be in a position to take them into custody."

Steve Ashton, the minister responsible for the emergency measures organization

Manitobans who refuse to evacuate during floods and other natural disasters could soon be arrested and made to pay for any rescue costs.

The NDP government introduced a bill on Wednesday that would also fine people for obstructing the operation of diversion channels and other flood-fighting mechanisms.

"We're ... not going to put people at risk," said Steve Ashton, the minister responsible for the emergency measures organization.

"So if there's a situation where, for their own safety, they do have to leave, we're going to make it very clear that rather than send emergency responders into very dangerous situations, we will be in a position to take them into custody."

Provincial law already allows for fines of up to $50,000 for ignoring an evacuation order. Ashton's bill would put more teeth into the orders by giving peace officers the right to enter an evacuation-zone home without a warrant, and apprehend and remove someone immediately if they refuse to comply.

The bill also contains penalties for protests similar to a blockade on Monday by farmers near Portage La Prairie. The producers blocked the startup of a diversion channel to protest what they said was inadequate compensation for flooded farmland in 2011.

The bill provides for fines of up to $10,000 for anyone who obstructs the operation of emergency infrastructure.

THE CANADIAN PRESS

Canada Post's new stamp commemorating Winnipeg's Chinatown CONTRIBUTED

Canada Post. Winnipeg's Chinatown on new stamp

The gates leading into Winnipeg's Chinatown are being commemorated on a new Canadian stamp.

Winnipeg's Chinatown gates are among eight from cities across Canada being honoured on stamps released Wednesday by Canada Post.

"These Canadian neighbourhoods provide so much diversity and energy to each city and the gates are a symbol of that," says Deepak Chopra, Canada Post president and CEO.

The stamps feature watercolour images created by eight illustrators to give each design a unique local perspective. Designer Hélène L'Heureux worked with the illustrations to ensure that the stamps came together visually as a unified set, according to a release from Canada Post.

Canada Post has produced 4.8 million stamps featuring the Chinatown gates, which are being sold in booklets of eight. METRO

Colin Craig of the Canadian Taxpayers Federation, seen during a press conference on April 19, said he's optimistic many Manitobans will attend a rally against the proposed PST hike set for Thursday. BERNICE PONTANILLA/METRO

Protest planned against PST hike

Purchasing power?
Manitoba businesses worried over sales and bottom lines

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Anger over the Manitoba government's increase to the PST is turning into action, with a rally planned Thursday evening on the front steps of the legislature.

Colin Craig, Prairie director of the Canadian Taxpayers Federation, said there are many individuals and businesspeople who want to show their displeasure at the proposed one-per-cent PST hike.

"We're definitely optimistic that we can get a lot of people out to the rally because a lot of people are upset," said Craig, adding about 6,000 have signed an online petition at www.greglied.ca.

The PST is rising by one per cent to eight per cent on July 1, and the government has said the extra revenue will be used for infrastructure.

Janine Carmichael, Manitoba director of the Canadian Federation of Independent Business, said her members are going to bear the brunt of the increase, with many worried about less purchasing power for customers and higher costs of doing business.

To make matters worse, added Carmichael, they're being forced to implement the change on a holiday.

"Our goal is to make sure Manitobans know about this, know about (the Manitoba government's) policies, and if they don't budge, they should know that too," she said.

The rally gets underway at 6 p.m. on Thursday and will include speakers from the three groups organizing the event: the Canadian Restaurant and Foodservices Association, the Canadian Taxpayers Federation, and the Canadian Federation of Independent Business.

Tax evasion. Foody Goody and Buffet Square restaurants plead guilty

The corporations behind two well-known Winnipeg buffet restaurants and the directors of one corporation have admitted to evading federal income tax and GST, and failing to report Manitoba retail tax.

The numbered company that ran Foody Goody Chinese Buffet Restaurant on Ellice Avenue has admitted to evading $82,039 in federal tax and unreported GST totalling $62,581 from 2006 to 2008.

They've also pleaded guilty to failing to report $106,064 in provincial taxes from 2007 to 2009 and to possessing software designed to suppress electronic sales transactions.

A different numbered company behind Buffet Square also pleaded guilty to evading $85,000 and unreported GST of $47,734 from 2007 to 2009 and failing to report $60,6014 in provincial taxes between 2007 and 2008.

Joe Chung Chee Cheung, Andy Tsz-Wei Chung, Kenneth Wa Chung Ng and Gibson Mei-Chi Lam pleaded guilty to income-tax evasion for the years 2006 to 2008 for cash they received as shareholders of Foody Goody Chinese Buffet Restaurant.

METRO

Project Recall. Winnipeg police track down loose Mad Cow gang suspect

Police have picked up the final suspect wanted in connection to a months-long investigation into the dealings of the Mad Cow street gang.

The investigation, dubbed Project Recall, was started in February and focused on information-gathering related to the Mad Cow's involvement in the city's cocaine trade.

The information led to the arrests of 11 Mad Cow members at the end of April, including nine high-ranking members, according to police.

All but one of the identified suspects was arrested, and police asked for the public's help tracking down Terryl Izzard, 18, on Monday.

Police found and arrested Izzard in downtown Winnipeg on Tuesday.

He was taken into custody without incident and has been detained at the Provincial Remand Centre.

Terryl Izzard HANDOUT

METRO

Sex assault

Pants puller apologizes to Ottawa women

A man who terrorized women in Ottawa last spring with a spree of sexual assaults in which he pulled down his victims' pants in broad daylight as they walked alone, apologized to the city Wednesday. "I am sorry," said Gavin Griffiths, 26, speaking in court to his nine victims before being sentenced to 10 months at the St. Lawrence Valley Correctional and Treatment Centre.

GRAHAM LANKTREE/METRO

Protecting juveniles

Group assails sex-offender registry system

A human rights group is calling on the government to stop the practice of placing the names of juveniles on publicly accessible sex-offender registries.

THE ASSOCIATED PRESS

Greek-only handouts

Mayor of Athens vows to stop 'racist' charity

The mayor of Athens has pledged to prevent an extreme far-right party from staging food handouts only for Greeks in the capital's busiest square. Giorgos Kaminis accused Golden Dawn on Wednesday of engaging in "racist and xenophobic charity." Kaminis said Thursday's planned handout is illegal and he would do his best to stop it. THE ASSOCIATED PRESS

Desperate act

Couple leaves autistic son with social services

An Ottawa couple's decision to leave their severely autistic son at a social services agency this week was 10 years in the making. Amanda Telford took her 19-year-old son Philippe to Developmental Services Ontario. TORSTAR NEWS SERVICE

Racist taunts greet 1st black minister in Italy

Cecile Kyenge. Appointment of woman born in Congo causes racist backlash

It was hailed as a giant step forward for racial integration in a country that has long been ill at ease with its growing immigrant classes.

But Cecile Kyenge's appointment as Italy's first black cabinet minister has instead exposed the nation's ugly race problem, a blight that flares regularly on the soccer pitch with racist taunts and in the diatribes of xenophobic politicians — but has now raised its head at the centre of political life.

One politician from a party that not long ago ruled in a coalition derided what he called Italy's new "bonga bonga government." On Wednesday, amid increasing revulsion over the reaction, the government authorized an investigation into neo-fascist websites whose members called Kyenge a "Congolese monkey" and other epithets.

Kyenge, 48, was born in Congo and moved to Italy three decades ago to study medicine. An eye surgeon, she lives in Modena with her Italian husband and two children. She was active in local centre-left politics before winning a seat in the lower Chamber of Deputies in February elections.

Premier Enrico Letta tapped Kyenge to be minister of integration in his hybrid centre-left and centre-right government that won its second vote of confidence Tuesday. In his introductory speech to Parliament, Letta touted Kyenge's appointment as a "new concept about the confines of barriers giving way to hope, of unsurpassable limits giving way to a bridge between diverse communities."

THE ASSOCIATED PRESS

Italian Integration Minister Cecile Kyenge arrives at the premier's office in Rome. GREGORIO BORGIA/THE ASSOCIATED PRESS FILE

Abortion rights protesters hold pictures of Savita Halappanavar as they march through central Dublin. SHAWN POGATCHNIK/THE ASSOCIATED PRESS FILE

Ireland publishes bill on abortions

Ireland unveiled a long-awaited bill Wednesday that lays down new rules governing when life-saving abortions can be performed, a point of potentially lethal confusion for women in a country that outlaws terminations.

Prime Minister Enda Kenny, speaking to reporters after his government published the Protection of Life During Pregnancy Bill, said he hoped the coming weeks of debate would not turn bitter. But he warned Catholic conservatives within his own party to back the bill or be expelled.

Kenny said the bill would set a maximum 14-year prison sentence for anyone involved in an illegal abortion, whether doctor or patient. The current law, dating to 1861, sets the maximum penalty at life.

Kenny's government took action following the death of a woman last year from blood poisoning after she was refused a termination because her dying fetus still had a heartbeat. The bill, if passed, would change nothing for the vast majority of an estimated 4,000 Irish women who travel annually for abortions in England, nor the growing number who order miscarriage-inducing drugs over the Internet.

THE ASSOCIATED PRESS

Abused woman reveals her face transplant

Attacked by ex-husband. Doused with industrial-strength lye, 44-year-old woman underwent treatment at Boston hospital

A U.S. woman revealed her new face after a transplant Wednesday, six years after her ex-husband disfigured her by dousing her with industrial-strength lye, and went through "what some may call hell" but has found a way to be happy.

Carmen Blandin Tarleton had face-transplant surgery in February and spoke publicly for the first time at a news conference.

Carmen Blandin Tarleton, after a face transplant. THE ASSOCIATED PRESS

"I'm now in a better place, mentally and emotionally, than I ever could have imagined six years ago," Tarleton said.

"I want to share my experience with others, so they may find that strength inside themselves to escape their own pain."

In 2007, the 44-year-old mother of two was attacked by Herbert Rodgers, who believed she was seeing another man. Police say he struck her with a bat and poured lye onto her face.

When police arrived, Tarleton was trying to crawl into a shower to wash away the chemical.

In 2009, Rodgers pleaded guilty to maiming Tarleton in exchange for a prison sentence of at least 30 years.

A team of 30 worked for more than 15 hours on the transplant.

THE ASSOCIATED PRESS

Turkmenistan. Media censor president's fall in horse race; claim he won

Seeing the president fall from a speeding horse would be a shock to any nation. In authoritarian Turkmenistan, many residents didn't even get the chance.

President Gurbanguli Berdymukhamedov apparently wasn't seriously injured Sunday when his horse stumbled and he pitched into the dirt track at the hippodrome on the outskirts of the capital, Ashgabat.

But the fall was certainly a wound to the pride of the 55-year-old Central Asian leader, whose all-powerful personality cult portrays him as effortlessly competent.

Thousands of people were in the stands for the race.

But state television's video of the race cut off just before the fall and the extensive reports on the event didn't mention the plunge.

All broadcasting in Turkmenistan is state-run.

State media reported that Berdymukhamedov won the race. He reappeared later to accept the winner's prize — $11 million.

Video shows a rider falling when his horse stumbles just after crossing the finish line in first place. THE ASSOCIATED PRESS

Turkmenistan's security agencies reportedly went into high gear to try to block images of the president's fall from slipping out. APTN/THE ASSOCIATED PRESS FILE

Watchdog survey

World population in free-press countries lowest in 16 years

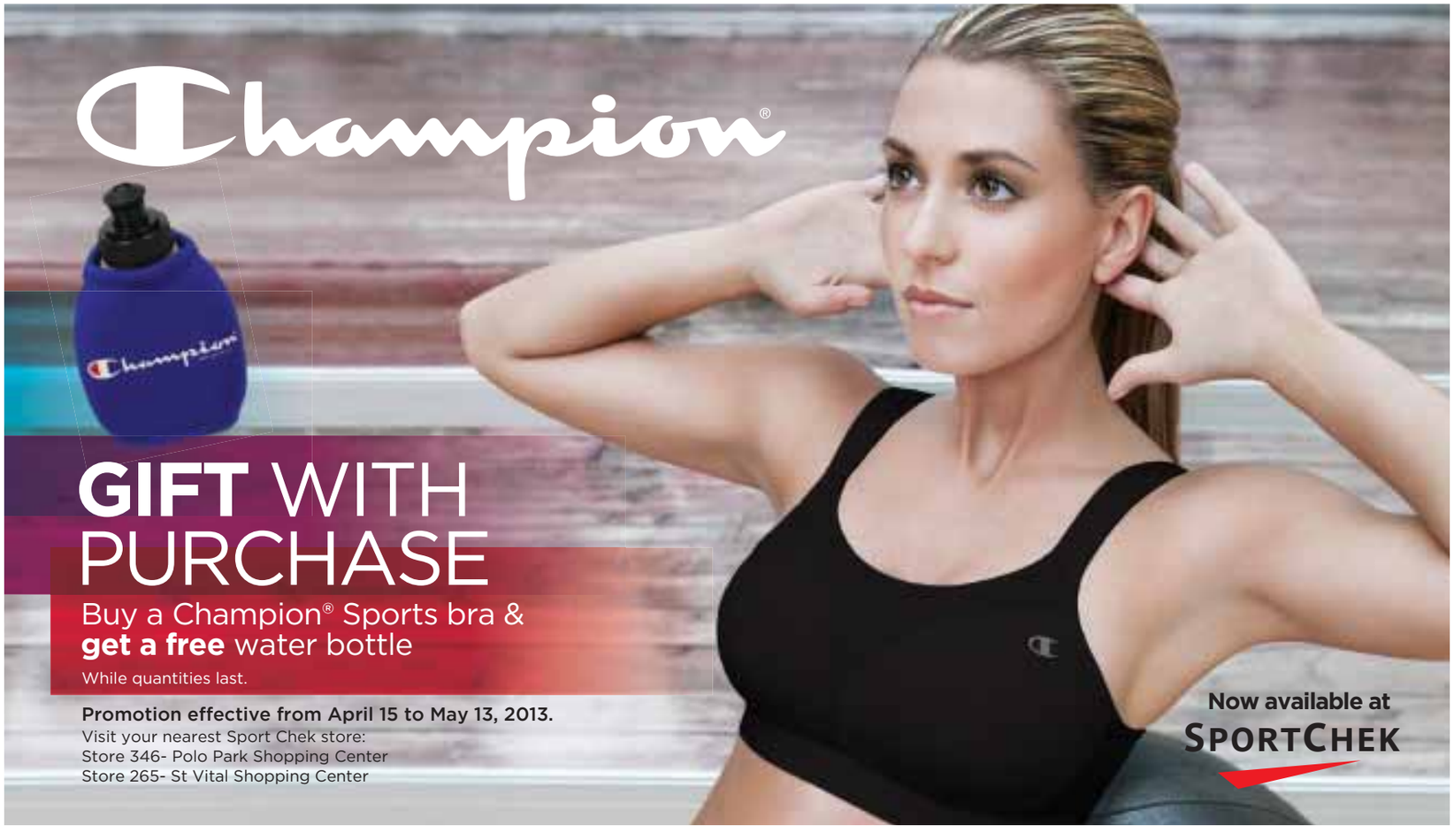
A slump in global media freedom driven by Mali's turmoil, Greece's decline and tightening media control in Latin America pushed the percentage of the world's population in countries with a completely free press to its lowest level in 16 years, the democracy group Freedom House said.

THE ASSOCIATED PRESS

Syria

Rare Assad public appearance

Syrian President Bashar Assad made an appearance at a Damascus power station on Wednesday, while two bombs exploded near the city centre. The appearance came two days after his PM escaped assassination. THE ASSOCIATED PRESS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Friends of Boston bombing suspect removed fireworks from dorm: FBI

19-year-olds charged. Two of three students arrested were previously jailed on allegations they were in violation of their student visas

This April 20 photo shows the front tag on a 2006 BMW that a spokesperson from the Massachusetts Registry of Vehicles says is registered to Dias Kadyrbayev, who is charged with conspiring to obstruct justice in the Boston bombing investigation. One of Kadyrbayev's lawyers said the plate was just a joke gift from the 19-year-old's friends. ERIKA NIEDOWSKI/THE ASSOCIATED PRESS

Three college friends of Boston Marathon bombing suspect Dzhokhar Tsarnaev were arrested and accused Wednesday of removing a backpack containing hollowed-out fireworks from Tsarnaev's dorm room three days after the attack to keep him from getting into trouble.

In court papers, the FBI said one of them threw the backpack in the garbage — it was later found in a landfill by law enforcement officers — after the young men concluded from news reports that Tsarnaev was one of the bombers.

Azamat Tazhayakov and Dias Kadyrbayev, both 19-year-olds from Kazakhstan, were charged with conspiring to obstruct justice by concealing and destroying evidence. Robel Phillipos, 19, who graduated from the prestigious Cambridge Rindge and Latin High School with Tsarnaev, was charged with lying to investigators about the visit to Tsarnaev's room.

The three were not accused of any involvement in the bombing itself. But in a footnote in the court papers outlining the charges, the FBI said that about a month before the bombing, Tsarnaev told Tazhayakov and Kadyrbayev that he knew how to make a bomb.

Authorities allege that on the night of April 18, after the FBI released surveillance-camera photos of the bombing suspects and the three men suspected their friend was one of them, they went to Tsarnaev's dorm room.

Before Tsarnaev's roommate let them in, Kadyrbayev showed Tazhayakov a text message from Tsarnaev that read: "I'm about to leave if you need something in my room take it," according to the FBI. When Tazhayakov learned of the message, "he believed he would never see Tsarnaev alive again," the FBI said in the affidavit.

The lawyers for the Kazakh students said their clients had nothing to do with the bombing and were just as shocked by the crime as everyone else.

If convicted, each of the accused could receive a multi-year prison sentence and a fine of up to $250,000.

THE ASSOCIATED PRESS

Russian connection

Box bomb kills teens in Dagestan

A bomb exploded Wednesday in a busy shopping area in the capital of Russia's restive republic of Dagestan, killing at least two people, police said.

Two teenage boys who tried to open a cardboard box left near a store were killed when the bomb inside went off, police said.

The explosion in the city of Makhachkala also wounded an undetermined number of people, said the republic's interior ministry. She had no further details about the bomb.

The Islamic insurgent hotbed is home to the parents of the suspects in last month's Boston Marathon bombing. One of the bombing suspects who was killed in a shootout with police, Tamerlan Tsarnaev, paid a long visit to Dagestan last year. Investigators are trying to determine whether he had contact with extremists there.

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May Day marchers demand immigration overhaul in the U.S.

Immigrant workers.
Peaceful marches cross the U.S. in hopes of reaching Capitol Hill

Demonstrators demanded an overhaul of immigration laws Wednesday in an annual, nationwide ritual that carried a special sense of urgency as Congress considers sweeping legislation that would bring many of the estimated 11 million people living in the U.S. illegally out of the shadows.

Thousands joined May Day rallies from Concord, N.H., to Los Angeles, where scores of marchers gathered downtown. In Salem, Ore., Gov. John Kitzhaber was cheered by about 2,000 people on the Capitol steps as he signed a bill to allow people living in Oregon without proof of legal status to obtain drivers licences.

In Vermont, more than 1,000 people assembled on the Montpelier Statehouse lawn. And in New York, paper rats on sticks bobbed along Sixth Avenue as about 200 protesters set off from Bryant Park, chanting: "What do we want? Justice! When do we want it? Now!" The rats were intended to symbolize abused migrant workers.

THE ASSOCIATED PRESS

An immigrant from Mexico marches during a May Day rally in downtown Los Angeles on Wednesday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Accident. 2-year-old girl killed by brother, 5, with gun received as a gift

A five-year-old U.S. boy accidentally shot his two-year-old sister to death with a rifle he had received as a gift last year, Kentucky authorities said.

The children's mother was home at the time Tuesday afternoon but had stepped out to the front porch for a few minutes and "she heard the gun go off," Cumberland County Coroner Gary White said. He said the rifle was kept in a corner, and the family didn't realize a bullet was left inside it.

White told the Lexington Herald-Leader newspaper the boy received the .22-calibre rifle, especially made for children, as a gift.

White identified the gun as a Crickett, referring to a company that specifically makes guns, clothes and books for children. "It's a little rifle for a kid. ... The little boy's used to shooting the little gun."

The shooting, while accidental, highlights a cultural divide in the U.S. debate over gun control, which again became a top issue after 20 young children and six adults were shot dead at a Connecticut school in December. While many urban and suburban areas work to keep guns out of the hands of children, it's not uncommon for youths in rural areas to own guns for target practice and hunting.

THE ASSOCIATED PRESS

'My first rifle'

Keystone Sporting Arms produced 60,000 Crickett and Chipmunk rifles in 2008, according to its website.

- The smaller guns come in all sorts of colours, including blue and pink.
- The company's slogan is "my first rifle," and its website has a "Kids Corner" section with photos of children at shooting ranges and on bird and deer hunts.

Global presence

Canada won't trade foreign policy for Security Council seat: Baird

The ongoing debate about Canada's standing on the world stage was rekindled Wednesday after John Baird admitted Canada won't run again for a spot on the United Nations Security Council.

Canada doesn't need a spot on the council to have a place in the world, the foreign affairs minister said Wednesday during a pointed question period exchange in the House of Commons.

"Canada's principled foreign policy is not for sale for a Security Council seat," Baird said.

"We are aggressively working on humanitarian aid to the most vulnerable ..."

"This minister will be noted as the minister who just gave up when it comes to trying to win back our seat ..." NDP critic Paul Dewar said.

THE CANADIAN PRESS

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Dairy farming. New mozzarella rules may mean cheaper pizza

Canada's dairy farmers have changed the rules they use to classify milk that goes into making mozzarella cheese. And that could result in cheaper fresh-made pizzas for consumers across the country.

The new milk class, to take effect June 1, is expected to result in lower costs for Canadian-made mozzarella for restaurants that prepare and cook pizzas on site.

The move could also slow or halt the erosion of domestic cheese sales to pizza restaurants. The battle to cut the cost of mozzarella for pizza restaurants has been fought for nearly 15 years, ever since frozen-pizza makers — including frozen-food giant McCain — won an exemption from Ottawa that allowed them to buy cheese at the cheaper world market price.

"There's been an inequity with frozen pizza versus fresh pizza with the exact same mozza cheese, and we've been pushing and pushing and pushing (for changes)," said Garth Whyte, president of the Canadian Restaurant and Foodservices Association.

THE CANADIAN PRESS

Market Minute

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GOLD $1,446.20 US (-$25.90)

Natural gas: $4.32 US (-2¢)
Dow Jones: 14,700.95 (-135.85)

Mass funeral held for garment workers

Factory tragedy. While unidentified bodies from collapsed building are buried in Bangladesh, Pope condemns 'slave labour' conditions

A woman grieves for a family member who has been missing since a garment factory building collapsed in Savar, Bangladesh. More than 400 people died in the collapse. ISMAIL FERDOUS/THE ASSOCIATED PRESS

Dozens of Bangladeshi garment workers, their bodies too battered or decomposed to be identified, were buried in a mass funeral Wednesday, a week after the eight-story building they worked in toppled down, killing at least 410 people and injuring thousands.

Hundreds attended the traditional Muslim funeral and many more looked on from the roofs of nearby buildings as the bodies, rotting in the spring heat, were brought to the graveyard on the back of flatbed trucks.

Onlookers covered their noses. One woman rushed through the crowd to the back of a truck wailing that one of the bodies was her sister's. She begged to take it as family members held on to her to keep her from collapsing.

Local men and boys recited a traditional Muslim prayer for the dead. Then, 34 bodies were unloaded and placed in the graves. Workers at the cemetery have dug several long rows of graves as authorities expect to bury scores more unidentified bodies in the coming days.

"I would not have to take part in this if the government acted more responsibly," said Rasel Islam, a 32-year-old man who attended the burial.

Five garment factories were housed in the illegally constructed Rana Plaza building that collapsed April 24, five months after a fire killed 112 people at another clothing factory. The tragedies exposed the unsafe conditions plaguing Bangladesh's $20-billion–a-year garment industry, which supplies many European and American retailers.

At the Vatican, Pope Francis said he was shocked by a headline about the building collapse that said some of the workers were living on about $50 a month. "This was the payment of these people who have died ... and this is called 'slave labour,'" he said. Vatican Radio said the Pope made the remarks during a private Mass at the Vatican.

"Not paying a just (wage), not providing work, focusing exclusively on the balance books, on financial statements, only looking at making personal profit. That goes against God!" Francis was quoted as saying.

THE ASSOCIATED PRESS

Loblaw reaction

- Some Joe Fresh clothing was made in the building. Loblaw has already said it will pay compensation to the victims and their families. "I'm deeply shaken by the event as are our colleagues throughout our Joe Fresh and Loblaw business," executive chairman Galen Weston said Wednesday.

Celeb-made Mountain Dew ad leaves bad aftertaste

In this online ad for Mountain Dew, the goat in the police lineup makes threatening remarks to the injured woman, such as "Ya better not snitch on a playa," and "Keep ya mouth shut." She eventually screams "I can't do this, no no no!" and runs away. YOUTUBE SCREENGRAB/METRO

Hip or horrible? PepsiCo pulls online spot depicting battered woman being threatened in police lineup

PepsiCo is once again learning the risks of celebrity partnerships after an ad for Mountain Dew was criticized for portraying racial stereotypes and making light of violence toward women.

The company said it pulled the 60-second spot after learning people found it offensive. The ad was part of a series developed by African-American rapper Tyler, The Creator, and depicted a battered white woman on crutches being urged to identify a suspect out of a lineup of black men.

A goat character known as Felicia is included in the lineup and makes threatening comments to the woman, such as "Ya better not snitch on a playa," and "Keep ya mouth shut."

The woman eventually screams "I can't do this, no no no!" and runs away. The word "do" is in apparent reference to the soft drink's Dew It slogan.

THE ASSOCIATED PRESS

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Marchers demand better pay

Labour groups and trade unions march near the presidential palace Wednesday in Manila, Philippines to demand better pay, an end to contractualization, and lower prices on basic commodities. Labourers in Indonesia, Cambodia, Turkey and other countries also marched and chanted en masse on May Day. They sounded complaints about being squeezed by big business amid the surging cost of living. DONDI TAWATAO/GETTY IMAGES

A FOREIGNER IN LEAFS NATION

HE SAYS

John Mazerolle
metronews.ca

Dearest readers,

By the time you read this, I may have already been mocked.

As I write this, Game 1 in the playoff series between the Boston Bruins and the Toronto Maple Leafs has not yet been played. It promises to be a war and, as a fervent Bruins fan in Toronto, I'm trapped behind enemy lines.

Toronto is Canada's team — or so certain Leafs fans never tire of telling me — and here I am right in the belly of the buds. If Toronto was victorious in the first battle, the verbal and psychological abuse may have already begun. And if the Bruins took the skirmish, who knows what blowback I might be facing?

A number of people, concerned about my well-being, have asked what it's like to be a die-hard fan of one team while living in a rival team's city. In response, I scratch out this humble letter, keeping myself sane on the eastern (conference) front with pieces of chocolate and a few pin-up girls I've been able to find on the Internet.

I try to blend in here, but I fear my Bruins toque, two Bruins jackets, two Bruins T-shirts, four Bruins baseball caps, Bruins key chain and Bruins rubber bracelet may be giving me away.

Fortunately, most Leafs fans don't seem to notice me; they're too busy celebrating that they've made the playoffs for the first time since the Earth was hot and molten. They stumble around with goofy grins, shaking the rust of fandom off, yelling on the streets that they're "ready for the ... after-games ... tournament thing!"

But I must be careful not to prod. As I said, by now the Leafs may be up 1-0 in the series, and I'll be dodging the shots and cuts and jabs of co-workers and passersby. Just yesterday somebody said, "Your jacket looks terrible." The wound still festers.

I always live in fear of the perfect put-down, the one that will shame me and shut me down forever. Fortunately the best most people can do is, "Your team's best player sucks!"

And, in truth, Maple Leafs fans are remarkably gentle. It might be because the young men most likely to be jerks haven't had anything to strut about since they were 11. It might be because buying a game ticket requires a bailout from the World Bank. Or it might just be Toronto's easy-going nature.

Whatever it is, Leafs fans are not the threatening sort. Yet.

Compare that to, say, Philadelphia, where Flyers fans would gladly decapitate me at the gates of Wells Fargo Center and use my head as a clapper in the Liberty Bell.

Yes, I do consider myself a hero.

But I'm not alone. Right across this country there are people like me: Calgary fans in Edmonton, Edmonton fans in Vancouver, Montreal fans in Winnipeg. Rangers, Bruins and Blackhawks fans have infiltrated the North. And Maple Leafs fans seem to be everywhere, like spruce budworm.

God, I even know an Islanders fan, may his soul find rest.

Yes, us sports fans who value laundry over geography are legion. So, no matter what the outcome over the next two months, I will walk brave and true through enemy territory, knowing I have an army of like-minded soldiers at my back.

Unless, of course, the Leafs win the Stanley Cup, in which case I'm moving to Ouagadougou.

Don't bother writing.

ZOOM

C'mon, let's just wing it!

KARIN THORELL/REX FEATURES

First time taking flight for chicks

This amazing image shows goldeneye chicks (Bucephala clangula) taking a leap of faith as they leave their nest for the first time. In a heart-stopping scene, the mother urged the young sea ducks to jump a few metres to the ground. METRO

Photog's words

- "The mother knows when all the kids are out of the eggs and then she jumps out, down on the ground. She stands and makes special sounds to get the chicks to jump. In a moment, the little ones begin to jump out, and you will see the sweet birds coming one by one, all jumping in different styles as you can see."

Ducking out

"I had to wait two-and-a-half-hours to get this shot. It brought a tear to my eye."

Karin Thorell, nature photographer from Överkalix, northern Sweden

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

So now that a particularly nasty winter is behind us (most of us), the yearning for an escape to far-flung locales may have eased a bit. But there are still rainy days ahead, so why not spend one of them exploring the world? Here are three ways to do it.

Instahood:

Using Google Street View to investigate a neighbourhood can be a little Grand Theft Auto-like since you can't really enter any buildings and poke around. Instahood gets you closer to the real feel of a city (and its duck-faced selfies) through tagged photos on Instagram. (instahood.meteor.com)

Koozoo:

A newly-released iOS app that allows users to broadcast video — either recorded or live — from their home city. Broadcasting is still in beta and limited to San Francisco and Austin, Texas, so file Koozoo under 'very promising' for now. (koozoo.com)

Tetsudo Now:

Tokyo's public transit system is a breathtaking sprawl of remarkable efficiency, and you can watch it play out on a real-time map that provides arrivals information for its millions of users. (demap.info/tetsudonow)

Twitter

@metropicks asked: As the NHL playoffs get underway, we want to know: what's your playoff regime? Lucky pants? Not shaving?

@kajomha: wear a rain coat when going to Detroit games because I don't want to be showered with squid goo

@bobbyboucher604: wear jersey, & other @VanCanucks gear to the office, have large size flag in front window @ home, this yr some Ginga Ninja beer

@EthanDR: I use my luc ky Netscape Navigator browser

@EvanPetrie17: Never really had one, Leafs finally made playoffs for the first time in 9 yrs. Maybe I won't wash this Leafs shirt. #Leafs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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SCENE 2

‘Miles Davis of country music’ is having a real good time

Between Amazing Grace. Veteran songsmith releases his latest album, with some of the ’Peg’s top local talent

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

The liner notes of Between Amazing Grace and a Real Good Time — the new album from veteran songsmith Keith Dyck —– read like a who’s who of Winnipeg musicians.

Recorded in Dyck’s Wolseley home, the disc features such ’Peg players as Andrew Neville, Grant Siemens, Jason Nowicki, Jaxon Haldane, Romi Mayes and Ruth Moody, just to name a few.

“There was a lot of energy in the room,” says Dyck, 54, who learned to play music at his father’s knee and has been gigging for approximately 40 years.

“They weren’t all there at once, but there’d be a good-sized band, maybe five to eight people at a time in my little basement. I’d show them the song, the basic structure, like ‘we’re going to go from here to there’ and then I’d just let them go,” he says.

Despite the impressive list of guests on Between Amazing Grace, Dyck engineered, mixed and mastered the album all on his own.

Dyck says a guy offered to record it, but kept not showing up. And when he finally did, he just handed Dyck a couple of CDs with information on how to run a studio.

“I was like, OK, I guess this means I’m going to have to learn how to use a computer,” Dyck says. “I always thought someone who could work a mouse had a certain intelligence level that I was never going to match, but little did I know it was just pointing an arrow around.

“I wasn’t completely illiterate. I can do sound for a band, that kind of thing, but I’d never attempted something like this before. It was a bit of a learning curve. I hope it sounds good.”

It does sound good and it’s not just one sound. In his bio, Dyck calls himself “the Miles Davis of country music,” since he’s not content with sticking to just one formula.

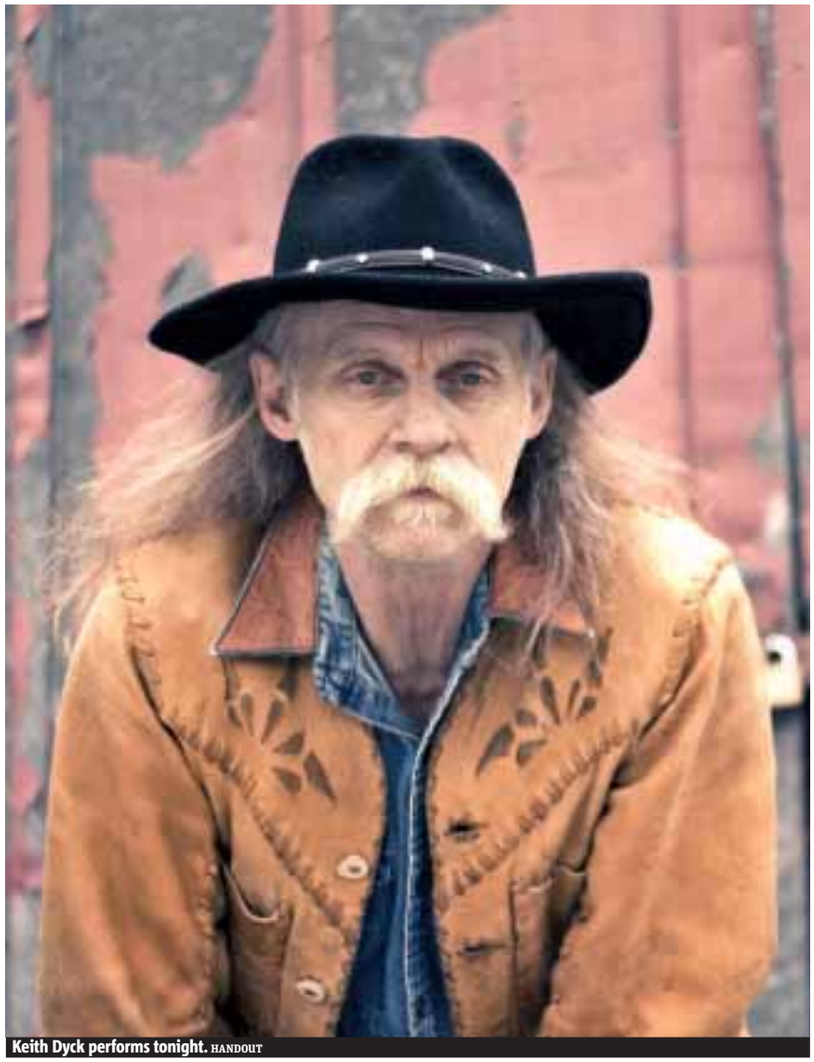
Case in point: Between Amazing Grace contains everything from country ballads to country-tinged blues, rock ’n’ roll and even reggae.

“I think I drag my influences from all over the place and I like to see music grow. If it’s not growing, I don’t feel like being a part of it,” Dyck says.

CD release party

Dyck — along with some special guests — releases Between Amazing Grace and a Real Good Time tonight at the West End Cultural Centre.

- Tickets are $20 at keithdyck.com, which includes a copy of the album. Showtime is 8 p.m.



Keith Dyck performs tonight. HANDOUT

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Happy to play Ho Hey every day

The Lumineers. Lead singer Wesley Schultz talks about returning to Canada, their big hit and the importance of following it up

The Lumineers have played sparingly in Canada thus far, but that is due to change. CANADIAN PRESS/AP/INVISION

The Lumineers, the Denver-based folk-rock band who authored the rousing smash single Ho Hey, have played sparingly in Canada, so they have a clear memory of the few gigs they have played north of the border.

One in particular stands out to frontman Wesley Schultz. It was last June, when the Lumineers' self-titled debut had been out for a couple months but the hand-stitched Ho Hey was still hovering around the fringe of the Billboard singles chart. The band was scheduled to play a (non-headlining) show at Toronto's historic but cosy Horseshoe Tavern during North by Northeast, and the venue was full — though the mood was skeptical.

"It was half fans, half industry people with their arms folded, didn't really give a (crap)," Schultz recalled in a telephone interview. "The industry people were sort of wondering what the fuss was about. They were kind of put off by all the (fans), which is strange to say but it was true. The fans were like, really excited.

"It was almost like the people in the music business around there hadn't been wise to it before the fans had. They were kind of underestimating what we were doing at the time, I think, and almost looking like, '(This crowd) must be here for something else.'

"We actually thought the same thing. Because we were in Canada! We'd never been there before."

There will be no doubt when the Lumineers wind back through the country this time. They play Hamilton's Copps Coliseum on Tuesday before a pair of sold-out gigs in Toronto and another in Montreal. Their album has recently been certified double-platinum here, Ho Hey is five-times platinum and their more recent single, Stubborn Love, is gold. Schultz talked about the Grammy-nominated band's big year, following up Ho Hey and finding time to write new material.

Your second single, Stubborn Love, is doing well now, with gold sales here in Canada. Is that a relief, that it wasn't just Ho Hey that would connect?
Yeah, you can never reproduce something like Ho Hey, it was just huge. It becomes this big thing, and you don't want to be known for just one thing.
The other thing is that our live shows, I've noticed that Stubborn Love actually gets a bigger reaction. ... It's cool to hear that song's being played now on the radio as well. It's a scary thing to have success with one song.

And you didn't necessarily consider the band a singles-oriented act before that, did you?
No. ... Our stuff, even the way we produced the record, the album was produced in such a way that it wasn't really slick, it wasn't glossed over. So I didn't think it would see the light of day on radio — maybe some NPR-type stations. We've actually made it onto the Top 40 stations, and that was pretty weird. I think every time we walked into the station, they were pretty nice to us, but it would be different. We're not the typical band that walked into those doors.

Did you know early on you had a hit in Ho Hey?
I remember this hilarious moment — (though) it wasn't hilarious at the time, it was kind of (crappy). Jere (Jeremiah Fraites) and I had just recorded Ho Hey on our own, in our basement, and we were moving out of this one house and moving into this smaller, crappier house. We were showing the new tenants, these college kids moving in, the digs. Here's the bedroom. Here's the bathroom. And he saw our instruments and our computer (and) ProTools. We said, "You should listen to this song." And he was not at all impressed. It was kind of uncomfortable. It was actually a few of them, they were like: "Where's the bathroom again?" They just wanted to get out of the room. I was like, "Man, I don't know. I thought this was a really cool song. These people don't think so."

One of your bandmates recently estimated he's played Ho Hey more than 2,000 times. Are you sick of it?
(Someone) said: "Does it ever feel like you're covering someone else's song, because you play it so much?" That's the best way I can describe it some nights. You do it so much and there's not much flexibility with how you can necessarily present it every night. Sometimes we would go out in the crowd and we would play it with a lot less instruments and people would sing it for us. That was the best way to feel fresh about it. You become a little bit detached from it in some ways, but at the same time, happy to play it.

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@DanaDelaney
At the bar, met Chris & Mike from Schiavone Construction who are bringing the subway to LA. About time.

@GarryShandling
Good night. I'm now going to block myself.

Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne loses her cool with interviewer

Kelly Osbourne isn't the easiest person to interview, at least according to Daily Telegraph reporter Joel Christie, who's spilling about a particularly tense chat with the reality star. "The conversation didn't start well. She called me 'presumptuous' for calling her rumoured fiancé her fiancé," Christie reports, adding that Osbourne got testy pretty quickly. "You are trying to f—ing turn this around and get s— on my family, aren't you?" she reportedly scolded him. Christie remains miffed: "It's pretty vexing when you're screamed at for spurious reasons."

The Word

Why Jennifer's latest dress has us whispering and wondering

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh man. Jennifer Aniston. What are you doing to us? How in the world can you show up to an event in what has been alternately described as a "billowy," "loose," "definitely maternity" dress? What does this mean?! Of course, it could just be that the actress is wearing a loose-fitting dress at the book launch party for Mandy Ingber's Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover and we are all jumping to conclusions. And honestly, if I were Jennifer Aniston, I'd wear dresses like this until the day I die just to continuously mess with the minds of the baby-hungry public at large.

But! It seems like the actress has moved her wedding date and she's passing the blame to Brad Pitt (ex-husbands are always good scapegoats). She doesn't want to overlap with Brad Pitt and Angelina Jolie's rumoured wedding this summer, according to Us Weekly. "She does not want her day associated with them," a source says, adding that when Aniston first heard of Pitt's planned wedding date she considered moving her wedding to Justin Theroux up to take place before it, but her fiancé talked her out of that idea. "Justin got weirded out by all the rushing." Aniston has now reportedly put her wedding plans completely on hold. "Nothing has happened on that front in a month," the source says.

Maybe that's because she's pregnant?! Or not. Only time, and more billowy dresses, will tell.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan

Prison sentence looms for Lindsay Lohan if she fails to show for rehab stint

Today's the day that Lindsay Lohan has to report for 90 days of court-ordered rehab, though at press time no facility had been chosen yet, according to E! News. If she doesn't check in somewhere she will be "required to show up to court on Thursday with her lawyer in L.A.," a source says. "If Lohan does not comply with the judge's order, that would be a violation of probation that could land her in jail." But one thing's at least for sure: Lohan won't be blogging about the experience while she's locked up, despite a report that she'd be using her personal website to chronicle her rehab. "She will not be blogging from rehab, but she does plan to have her own space on the web where she can talk about her passions," another source says. "She wants a place to discuss her love of fashion, music, art and her unique sense of style. She wants to be able to connect to her fans directly."

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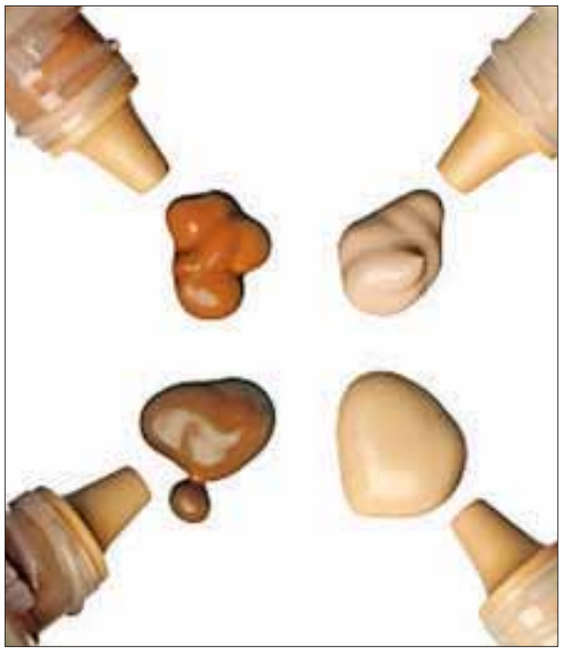
Multi-task makeup: a miracle or a marketing scheme?

She's all that?
Alphabet skin care has pretty much reached its tipping point, surfacing not only on swanky beauty counters but also in drugstore makeup aisles. But are the multi-function creams really improving your skin or merely clogging your pores? We take a look at the pros and cons

ROMINA MCGUINNESS
Metro World News in London



By now you've probably seen, tried or become addicted to all-in-one BB creams, which promise to protect, hydrate and perfect your skin while covering your spots.

"Having a product do it all was a first in the world of cosmetics, where the colour and function of the formula usually comes first and the treatment benefits take a back seat," Kerri Bender, manager of global product development at Smashbox Cosmetics says.

And maybe you're excited to get into CC creams, which arrived this spring and are meant to even out skin tone, reduce dark spots and enhance skin radiance through optics and coverage.

Now, the beauty industry is in a frenzy over the first ever DD cream, due to hit stores in June. Produced by Julep, it will target age spots, fine lines and, yes, cover flaws.

But are all of these multi-taskers yielding results?

"To me they're marketing hype," says Mary Schook, a New York based celebrity facialist and makeup artist. "What's good about all of this is that it forced the industry to work on building better foundations. Because we haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours," Schook adds. She and Bender help us look at the pros and cons.

Face the facts

"We haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours."

Mary Schook
Celebrity facialist and makeup artist.

Julep DD Crème
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julep.com

Smashbox CC Crème
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smashbox.com

Dior Hydra Life BB Crème
$56,
dior.com

PROS — Kerri Bender

A simpler makeup routine

"BBs are the baseline. You don't have to be a makeup junkie to use one. If you're looking for an all-in-one product, something that is going to prime, perfect, protect, hydrate and control oil, then it's the right one for you."

They mix well with your other products

"Both BB and CC creams work for any skin type. If you require a little more hydration, use your BB or CC cream in conjunction with your moisturizer. And if you have problems with shine, you can top off your BB or CC with a finishing powder."

They're good primers

"If you need higher coverage, most BB and CC creams function as primers and can be layered under your foundation for added benefits. And both offer strong sun protection."

CONS — Mary Schook

Clogged pores

"BB creams contain so many different ingredients that the skin can't handle, such as silicone and avobenzone, which cause breakouts. BB creams are supposed to have sunscreen and avobenzone is the popular ingredient in that, hence the acne. And the silicone in BB creams create a veil over the skin that doesn't allow it to breathe. It feels like it's breathing, but it's a false thing. It's creating a barrier that's not allowing the skin to perspire the way that it should. That's what is trapping the bacteria."

Heightened sensitivity

"CC creams do give a glow to the skin. But when you have a product that claims to colour correct, the way CC creams do, you have to worry about skin character because you're taking away things that protect the skin cells. When the cells want to cause any kind of pigmentation, it's the body trying to protect itself. If you take away all of that pigmentation, or the ability for the body to do that, then the body cannot defend itself."

Skin irritation

"The new Olay CC cream contains a lot of alcohol and the regular breakout irritants. But, it also contains niacinamide (a form of Vitamin B), which is very good. This shows promise in the formula, but you're still better off using an anti-aging serum instead of a product that is trying to be everything and irritates you."

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Canadian street style

Spotted in: Vancouver

Natalie
Student
Age: 20

What she's wearing
Sweater from Aritzia, shirt from Zara, toque from Diesel, Coach bag, Van shoes, and jeans from H&M.

Her inspiration
"Basic layering. I like being warm and comfortable."

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Ashley Kowalewski
The Kit.ca

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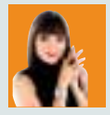

JEANNE SPACE
Jeanne Beker
life@metronews.ca

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And here come the @EDITbyJeanneB shades!

A wee @EDITbyJeanneB fashion show to benefit @freethechildren hosted by @FusiaMag + @poojahandatv #FusiaFete

With my dear pal+hairstylist extraordinaire (doing my hair since '79) Gregory Parvatan from Rapunzel Salon #FusiaFete

Granny's farmhouse tabletop trend

DESIGN CENTRE
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For most of my adult life I have tried to veer away from anything remotely familiar to my mother or grandmother's decor styles. Recently, I was shopping at a consignment shop and found a set of scallop-edged toile dessert plates. Not sure what I was going to do with them, I purchased them and decided to make them work at my next dinner party.

While mixing old and new is a huge trend, I figured I had my work cut out for me to incorporate them into a trend-setting table scape.

Recently, the look of farmhouse style has shown up at many home decor retail stores. This mix-and-match of humbly-worn objects can allow us to create a trendy table scape by combining our old dishes with this charming style — perfect for casual summer entertaining.

Fog wine glass

Hand-made, chunky and smoky make for a casual way to enjoy wine. $5, crateandbarrel.com

Placemat

Create the look of a worn table without waiting 100 years. Add textured placemats made of heavy, durable vinyl. Natural Effects Driftwood Placemat, $7, bedbathandbeyond.ca

Candle holders

Trend colours pulled from my vintage dishes help to contemporize a table. Recycled Glass Curvas Candle Holders, $29 to $39, urbanbarn.com

Bracket dinner plate

A silhouette of curves with the drama of dark grey help add a modern touch to a place setting. $6, cb2.com

Salad plate

Dig up something vintage from Granny's china cabinet and use it to inspire a table setting. Avon Cottage Scalloped Salad Plate, $20, ofthingspast.com

Silver-plated flatware

Look like you've "collected" cutlery from your many visits to fancy hotels. Sheffield Heirloom Silver-Plated Flatware, $145, potterybarn.com

Charger plate

Incorporate a level of formality to your table without making it feel overly traditional. Silver-Plated Charger Plate, $45, potterybarn.com

Platter

Organically shaped oval platters in dark grey add that touch of drama to a precious table. Scape Serve Ware Platter, $30, WestElm.com

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Spruce up your kitchen for spring

DIY ideas. Brighten it up with a hint of colour, lighting and decor that gives your space a fresh look without breaking the bank

As the grey skies and dull days of winter are now behind us, give your kitchen a fresh facelift for the spring.

Get more economical and clever kitchen design ideas from I Hate My Kitchen on DIY Network Canada.

See the light

Installing lighting under kitchen cabinets can be an easy and inexpensive way to add a subtle glow and brighten up a room.

Low-voltage xenon lightbulbs are cost effective with a long life, and are a great way to enhance your counters and shelves.

This extra ray of light will help with food preparation while also creating a dramatic effect at night.

True colours

Add a splash of colour with affordable kitchen accents like vibrant storage boxes.

It's as easy as purchasing a few old wooden crates and spray painting them with vivid tones. These accent pieces can also be used to store extra dishes, utensils, cookbooks and any other items that need to be packed away.

Sticky situation

Create a fun design on your kitchen walls without calling in the painting professionals.

Wall decals come in a variety of colours and designs to suit different tastes. It's as easy as sticking the decal onto your wall and then just peeling it off when you're ready to move on to your next design.

Scratch the surface

Add texture to your kitchen walls with a unique backsplash using versatile materials such as salvaged wood scraps from an old cottage, photocopies of favourite recipes, or even a vintage vinyl tablecloth.

This serves as a budget-friendly and simple way to freshen up your kitchen space on a whim, without having to make any long-term decisions.

Out in the open

Create an open concept storage setting by stacking colourful dishes on uncovered shelves. Bright and vibrant dishes can be so much more than just serving items for meals. They can also become beautiful displays to liven up your kitchen.

I HATE MY KITCHEN PREMIERES TONIGHT AT 10PM ON DIY NETWORK CANADA. DIY NETWORK CANADA WILL BE IN FREE PREVIEW FROM NOW UNTIL THE END OF MAY

Adding light under your cabinets give it a subtle glow. ISTOCK IMAGES

Go where the evening takes you

Friday night, finally. The week was exhausting, but tonight, I'm in control. Should I go out or stay in? I could check out the new DJ spinning down the street. Or I could invite my sister over for sushi. Maybe the girls want to meet for drinks later. I'll start by pouring myself a glass of wine, send a couple texts and see what the night has in store.

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Brighter days are on the way

Simple tips. Plants, window treatments and lighter fabrics can help bring springtime's new life into your living space

Preparing your home for warmer weather is easier than you think. To create a brighter, more organized home, try these simple tips from Sally Morse, director of creative services at Hunter Douglas, a leading name in custom window fashions:

Welcome in the natural light
Updating your window treatments is an uplifting and impactful decor change that can easily be made. New window fashions will not only look stylish and beautifully filter light for a glowing room, they will also provide unlimited practical benefits.

Morse suggests using Nantucket window shadings, a line that is streamlined and casual and also features soft fabric vanes suspended between two sheer facings. These allow you to have a view and, even with the vanes open, they filter up to 88 per cent of the sun's harmful UV rays.

Bring Nature In
As Mother Earth comes to life again, it's a great time to bring that life indoors with easy-to-maintain plants and flowers.

Additionally, to make your indoor and outdoor spaces feel seamless, use the same planters on your patio and entryway as in your foyer and kitchen. And don't forget about the flowers — add bouquets to spread a cheerful dose of colour around the home.

Lemony fresh
Appeal to all five of your senses this springtime. After your initial scrub and sorting and clearing of clutter, extend that fresh scent by adding a lemon-scented diffuser. They are a great way to bring a pleasing, calming scent into your home, while avoiding the potential danger of burning candles. Purchase the diffuser or try creating one affordably yourself.

Lighter linens
For a refresher that goes a long way, try brightening up the home with lighter fabrics. The update can awaken nearly every room from the living room, bedroom and bathroom to the kitchen. Swap out heavier, darker fabrics such as rugs, pillow covers and towels for lighter ones both in texture and colour. Top beds with a lightweight blanket, folding the comforter and placing it at the foot of the bed for chilly evenings.

With a little work and a few additions, you can happily enjoy the coming months with a clean, orderly, beautiful home.

NEWS CANADA

Make your indoor and outdoor spaces feel seamless by adding similar plants and flowers indoors. NEWS CANADA

Spring cleaning

"Split up the tasks into smaller ones so you stay focused and don't get lost in the process."

Sally Morse, director of creative services at Hunter Douglas

Don't get overwhelmed

If cleaning and clearing away clutter seems overwhelming, Morse has a simple trick to help calm your nerves.

- "Try setting the kitchen timer for 15 minutes per area like the bedroom closet, pantry or foyer. Just telling yourself you're going to de-clutter the home in one weekend sounds draining," she says. "Rather, split up the tasks into smaller ones so you stay focused and don't get lost in the process."

Nothing says warmer weather like a sun-soaked room, so be sure to create a livable one with new window shadings. NEWS CANADA

Looks like common sense is contagious.

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metro
HOME RENO
Thursday, May 2, 2013

Think sunshine in a paint can

Mellow yellow. Yellow paint — no matter what the shade — can bring renewal into people's lives

Dulux Prairie Grass. CONTRIBUTED

Dulux Daisy Chain. CONTRIBUTED

Dulux Kansas Corn. CONTRIBUTED

Dulux Sugar Cane. CONTRIBUTED

It may not be our favourite colour, but when it comes to painting our walls, yellow is the No. 1 choice worldwide.

That's the finding of an international survey conducted on behalf of Dulux® paint. The study shows that while blue is the most popular colour in the world, preferred by 36 per cent of people, the picture changes when you look at actual sales volume of paint colours.

"For every can of blue wall paint sold, you can almost fill an Olympic-size pool with the yellow paint that's purchased over the counter," said Martin Tustin-Fuchs, brand director for Dulux paint, pointing out that yellow is actually cited as the least favourite colour worldwide, with only five per cent of people favouring it.

"When presented with paint swatches, however, most people seem to like yellow — as long as it's called something other than yellow, that is," Tustin-Fuchs said. "Paint names like buttercup, vanilla and champagne are more attractive to consumers."

While all kinds of yellow shades adorn Canadian walls, studies show off-white yellows take top spot in our homes. Tustin-Fuchs offered these tips on how to pick the best shade of yellow for your rooms:

Sunny yellow: Infused with a tinge of orange, sunny yellow does wonders in lighting up a poorly-lit room. Try painting this bright shade on both walls and ceilings and it will appear to mimic sunlight — even on cloudy days.

Mellow yellow: Cream tones tinted with yellow create a relaxing retreat in any living space. Soft and light, earthy yellows warm up smaller spaces, like bathrooms and vestibules, without overwhelming them. Warm yellow is also a good option for a master bedroom.

Citrus yellow: Known to energize and increase the appetite, cheery lemon yellow is a good option for eating areas. Reflecting a high amount of light, this shade works well in any kitchen or as an accent wall in a dining area.

Banana yellow: Warm tropical yellows work particularly well with neutral or wood furnishings. Best used in a family room or living area, banana yellow emits a welcoming, upbeat feel that wraps a person in warmth.

"Simply put, yellow paint is sunshine in a can," Tustin-Fuchs said.

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*Hydro offers insulation rebate to the qualified owner. **Winnipeg Water department offers $60/toilet rebate to the qualified owner. *Constant Home Comfort offers $100/toilet instant rebate to the buyer **Carrier manufacturer offers up to $1000 rebate to replace the furnace/AC

Budget. Simple projects can lead to savings

Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little, but lead to big savings.

It's often hard to know where to start when considering a green renovation. If you are considering a partial or full home renovation and want to go green, visit cagbc.org/greenhomes for a valuable list of resources, including local architects, advisers or contractors who are best qualified to help.

Here are some simple tips to get you thinking about renovating your space with an eye to saving — both money and the environment:

• Often in renovations you have the opportunity to fill uninsulated spaces to make them more energy efficient. To go green, consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, are made in Canada, and have the potential to reduce your monthly heating costs.

• The biggest single electricity user in an average gas-heated home is your refrigerator. While renovating a kitchen, consider recycling your old fridge (many utility companies will pick it up for free) and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost. Compare the EnerGuide rating that is listed on each fridge before you buy one — this will tell you which ones will save you the most energy and the most money.

• Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low-flow or low-flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best is to visit map-testing.com.

• Did you know showers use about 40 per cent of the hot water in your home? Installing the right low-flow shower head, especially one that is 1.75 gallons per minute (GPM) or less, will save you up to 30 per cent.

• When looking to replace or install new windows, look for those that are Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows. **NEWS CANADA**

A fresh coat of paint can give your home an updated look and feel — and it doesn't have to cost a lot of money. DIGITAL VISION/THINKSTOCK

Choose 'smart' renovations

Many Canadians are interested in knowing the "smartest" household renovations to make to receive a good return on their investment. Although there are many variables that affect the value of a home, the Appraisal Institute of Canada (AIC) offers these general tips to Canadian consumers.

1 Choose improvements with long life expectancy. Roofing, energy-efficient heating and cooling systems, and windows can provide homeowners worry-free home improvements for as long as 10 to 15 years.

2 Invest in modern updates in high-traffic areas. Update the core rooms of your home such as the kitchen and bathroom. This can be as simple as changing door knobs, resurfacing cabinets, or replacing fixtures and countertops.

3 Don't underestimate the value of inexpensive updates. A fresh coat of paint, modern lighting fixtures, light landscaping or gardening, or upgraded door handles can give your home an updated look and feel — and it doesn't have to cost a lot of money.

4 Consider energy-efficient renovations that have a high return relative to cost. Energy-efficient renovations are considered one of the highest paybacks relative to cost.

5 Be careful about over-improvement. Consider your neighbourhood and the expectations of buyers in your area when planning your next renovation project.

6 Think about your personal needs. How much you spend on improvements will depend on how long you plan to live in your home. If you are thinking shorter term, smaller and less-expensive improvements may be your best bet to recover your investment.

7 Be sure to get a building/renovation permit. Take the time to obtain the proper building permits from your municipality or appropriate authority. This is a good step to ensuring that the renovation work complies with the building codes.

METRO NEWS SERVICES

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Shepherd's Pie goes meatless and Mexican with quinoa as its star

Mexi Meatless Shepherd's Pie

This recipe makes 1.5 l (6 cups). THE CANADIAN PRESS H/O

Ingredients

- 1 kg (2 lb) sweet potatoes, scrubbed well and pierced all over with a fork
- 15 ml (1 tbsp) canola oil, plus extra for greasing casserole dish
- 1 onion, chopped
- 1 red pepper, diced
- 2 cloves garlic, minced
- 10 ml (2 tsp) ground cumin
- 1 can (540 ml/19 oz) black beans (no salt added), well rinsed and drained
- 250 ml (1 cup) cooked quinoa made with water
- 250 ml (1 cup) frozen corn (no need to thaw)
- 250 ml (1 cup) mild or medium salsa, deli-style
- 50 ml (1/4 cup) light sour cream
- 50 ml (1/4 cup) finely chopped cilantro
- 1 ml (1/4 tsp) freshly ground black pepper (optional)
- 50 ml (1/4 cup) thinly sliced green onion or chopped cilantro, for garnish (optional)

1. Heat oven to 180 C (350 F). Bake sweet potatoes for 60 minutes or until tender. Alternatively, microwave at high for 8 to 12 minutes. Let cool until easy to handle.

2. Lightly grease a 2-l (8 cups) baking dish with canola oil or line with wet parchment paper (makes cleanup a breeze). Set aside.

3. In a large soup pot or Dutch oven, heat oil over medium heat. Add onion, red pepper, garlic and cumin. Cook, stirring often, for 5 to 7 minutes. Stir in black beans, cooked quinoa, corn and salsa until well combined. Remove from heat.

4. Pour into prepared pan. If you used a microwave to cook sweet potatoes, at this point heat oven to 180 C (350 F).

5. Meanwhile, cut cooled sweet potatoes in half and scrape out flesh. Discard skins. Mash sweet potato well with sour cream. Stir in cilantro. Season with pepper, if desired.

6. For a rustic look, spoon sweet potato mixture over quinoa mixture in heaping teaspoonfuls. (If you like more conformity, spoon on and spread out.)

7. Bake for 30 minutes or until heated through and bubbly. Sprinkle top of casserole with green onion, if using.

THE CANADIAN PRESS/ ALL RECIPES ON THIS PAGE APPEAR IN THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK BY THE ONTARIO HOME ECONOMICS ASSOCIATION. EDITED BY MAIRLYN SMITH (WHITECAP, 2012).

Cookbook of the Week

Cooking super food

Quinoa, one of the most popular superfoods, gets the spotlight in The Vegetarian's Complete Quinoa Cookbook by the Ontario Home Economics Association. The release boasts more than 125 recipes, many of which are gluten free, contributed by professional home economists. Every recipe includes a nutritional profile and is less than 500 calories.

Among specific recipes are: African Peanut Soup with Red Quinoa, Goat Cheese, Red Pepper and Spinach Quiche, Dark Chocolate Pudding Cake. **METRO**

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Snack. Fruit & Nut Clusters

This recipe makes 12 clusters. THE CANADIAN PRESS H/O

These fruit and nut clusters make a decadent treat. "They're yummy and contain a little more protein than if you just had a nut cluster," says Marilyn Smith, editor of The Vegetarian's Complete Quinoa Cookbook.

Ingredients

- 175 g (6 oz) bittersweet chocolate, coarsely chopped (70-75 per cent cocoa mass)
- 125 ml (1/2 cup) quinoa puffs
- 125 ml (1/2 cup) dried cranberries
- 125 ml (1/2 cup) whole almonds, coarsely chopped

1. Line a large baking sheet (42 by 28 cm/17 by 11 inches) with parchment paper and set aside.

2. Place chocolate in a medium microwave-safe bowl. Microwave at medium for 1 minute, stir, microwave one more minute at medium and stir again until completely melted. (Depending on your wattage, this could take longer than 2 minutes. The trick is to add more time in 5-second intervals, as you don't want to scorch the chocolate. Stir until chocolate has completely melted.)

3. Add quinoa puffs, cranberries and almonds. Stir to combine.

4. Drop 12 equal spoonfuls of the chocolate mixture on prepared baking sheet.

5. Let set until firm, about 30 minutes, or refrigerate.

NBA playoffs

Celtics streak past Knicks again

Jeff Green scored 18 points and the Boston Celtics stayed alive in the NBA playoffs, cutting the New York Knicks' lead to 3-2 with a 92-86 victory Wednesday night.

The Celtics will host Game 6 on Friday night, needing two victories to become the first NBA team to overcome a 3-0 deficit to win a series.

THE ASSOCIATED PRESS

NBA playoffs

Pacers jump back ahead of Hawks

David West scored 24 points and Paul George had 21 points and 10 rebounds to lead Indiana past Atlanta 106-83 on Wednesday night to taked a 3-2 series lead.

The Pacers have all won three home games in the best-of-seven and are 5-0 at home this season against the Hawks. They'll go to Atlanta on Friday with a chance to clinch the best-of-seven series. But the Hawks have won 13 straight at home against the Pacers, including both games in this series. THE ASSOCIATED PRESS

Time will tell

"I think the real response will be once he gets a job."

Brooklyn Nets veteran Jerry Stackhouse on Jason Collins' recent announcement that he is gay. Collins, a 34-year-old journeyman, becomes a free agent on July 1 — meaning that he will first have to sign with an NBA team and wait until next season to see if teammates, coaches, opponents and fans will treat him any differently.

Leafs feel sting of playoff hornet's nest

Black-and-yellow beat down. After scoring first, Buds largely silent in return to post-season play

Bruins forward Nathan Horton redirects the puck past Maple Leafs goalie James Reimer with 12 seconds remaining in the first period to make it 2-1 in Game 1 of the Eastern Conference quarter-final series on Wednesday night. Boston was dominant from that point on en route to a 4-1 win at home. JARED WICKERHAM/GETTY IMAGES

David Krejci had a goal and two assists as the Boston Bruins spoiled Toronto's long-awaited return to the NHL playoffs, scoring four unanswered goals to defeat the sloppy Maple Leafs 4-1 on Wednesday night.

The Bruins went behind early but clawed back into the game before a capacity crowd of 17,565 in yellow-and-black at TD Garden — Boston's 154th straight sellout. The experienced Bruins turned the screws on the Leafs, who were not at their best, as the game wore on.

The Leafs, whose return to the post-season may be short-lived if Game 1 was any indication, were hanging on for stretches of the third period.

Fans may have partied early in Toronto but last call was reserved for Bruins fans on this night.

Wade Redden, Nathan Horton and Johnny Boychuk also scored for Boston on a night where video review ratified one Bruins goal and disallowed two more.

Krejci, meanwhile, registered his 13th career multi-point playoff game in his 60th appearance in the post-season.

James van Riemsdyk scored for Toronto, whose big guns were silent.

The game pitted the fourth-seeded Bruins (28-14-6, 62 points) against the fifth-seeded Leafs (28-17-5, 57 points).

Game 1

Bruins	Maple Leafs
4	1

Their records this season may have been similar but the two teams have come from different hockey neighbourhoods.

It was Toronto's first appearance in the post-season since 2004 when the Leafs were beaten in six games by the Philadelphia Flyers in the Eastern Conference semifinals. The Bruins, who won the Stanley Cup in 2011, were eliminated in the first round by the Washington Capitals last season.

The first period wasn't pretty, but grew in drama.

Toronto went ahead early on the power play as van Riemsdyk tucked a puck into an open net at 1:54.

The 35-year-old Redden tied it up at 16:20, squeezing a shot at a tight angle from the edge of the faceoff circle through James Reimer.

There was a turning point late in the period with Leafs captain Dion Phaneuf in the penalty box for slashing. Reimer did his bit, stopping one effort in spectacular fashion by making like a snow angel on his back in the crease. Van Riemsdyk raced up the ice and whipped a shot off the Boston crossbar.

The penalty was seven seconds from expiring when the Bruins fired back to make it 2-1 with Horton tipping in a Redden shot at 19:48. The Leafs never recovered.

THE CANADIAN PRESS

Bad ring to it

22

Going into Game 1, 15 players on the current Leafs 25-man roster had never seen playoff action. Boston entered the series with 1,273 games of playoff experience on its roster and 22 players have Stanley Cup rings.

Penguins live up to top contender status

The Penguins celebrate Tanner Glass's goal during Game 1 against the Islanders on Wednesday night in Pittsburgh. GETTY IMAGES

Pascal Dupuis scored twice, Marc-Andre Fleury made 26 saves, and the top-seeded Pittsburgh Penguins opened the playoffs with a 5-0 romp over the New York Islanders on Wednesday night.

Beau Bennett, Kris Letang and Tanner Glass also scored for the Penguins, who had no trouble against the upstart Islanders even with star Sidney Crosby sidelined by a broken jaw. Pittsburgh hardly needed its captain to continue its mastery of the Islanders, who made their first playoff appearance since 2007.

Game 1

Penguins	Islanders
5	0

Fleury earned his sixth career playoff shutout.

The Penguins, the No. 1 seed in the Eastern Conference, beat Evgeni Nabokov four times in the game's first 22 minutes, including goals by Letang and Dupuis 32 seconds apart early in the second period to send Nabokov to the bench after he stopped just 11 shots.

Kevin Poulin came on in relief and surrendered a soft goal to Glass.

Game 2 is Friday in Pittsburgh.

THE ASSOCIATED PRESS

4 SPORTS

Lindon Gaydosh gets grabbed by Corey Watman during a CFL combine in Toronto on March 24. Gaydosh could be selected first overall in Monday's draft. TORSTAR NEWS SERVICE FILE

The new twist with this year's CFL draft

A 7th round. Teams will get extra picks, but prospects' migration to NFL a growing concern

Linden Gaydosh and Mike Edem haven't performed for CFL officials in months, but that hasn't prevented their draft stock from skyrocketing.

The Calgary Dinos defensive stalwarts have emerged as favourites to go first overall in the CFL draft Monday. The Hamilton Tiger-Cats, who were tied with Winnipeg at 6-12 for the league's worst record last year, have the top pick.

The Blue Bombers select second, followed by Montreal, Saskatchewan, Montreal again, B.C., Calgary and Toronto before expansion Ottawa completes the first round.

Edmonton opens the second round at No. 10 overall. Ottawa will take four players returning to school in the U.S. but participate fully in the 2014 draft ahead of its scheduled CFL return. This year's draft will offer a different twist as Monday the CFL expanded its format from six rounds to seven.

Gaydosh, a six-foot-four, 314-pound defensive lineman, and Edem, a six-foot-one, 200-pound linebacker, are both blue-chip prospects. The CFL's scouting bureau listed Gaydosh third in its final list of the top-15 ranked players and Edem at No. 10.

Further helping their cause, though, is six of the seven top-ranked prospects are either returning to school or heading to NFL camps. For CFL executives like Winnipeg GM Joe Mack, that means having to re-evaluate their draft strategy.

"That's happening more and more the last few years because the NFL is being more thorough in the scouting of Canadian kids," Mack said.

Oregon linebacker Bo Lokombo was ranked No. 1 but is returning to school. Regina defensive tackle Stefan Charles (No. 2) and McMaster offensive lineman Matt Sewell (No. 4) both signed with Tennessee as free agents following the NFL draft.

Eastern Michigan offensive lineman Andy Mulumba (No. 5) signed with the NFL's Green Bay Packers while offensive lineman Nolan MacMillan (No. 6) will play at Iowa this fall.

McMaster defensive lineman Ben D'Aguilar (No. 7) is attending Tampa Bay's minicamp this weekend and has also been invited to the New York Jets camp as well as that of another unspecified NFL team. C.O. Prime, an unranked linebacker at Wagner College who's also draft eligible, signed with the Indianapolis Colts.

Each year teams at the top of the draft receive trade offers from those wanting to move up. Mack figures that will again be the case leading up to the draft Monday even with many of the top prospects being tied up by the NFL. THE CANADIAN PRESS

MLB

Owner threatens to move Cubs

The owner of the Chicago Cubs publicly threatened for the first time Wednesday to move the team out of Wrigley Field if his plans for a new video screen are blocked, saying he needs millions of dollars in ad revenue to help bankroll the renovation of the storied ballpark.

"The fact is that if we don't have the ability to generate revenue in our own outfield, we'll have to take a look at moving — no question," Cubs chairman Tom Ricketts told reporters after a speech to Chicago business leaders outlining plans for a $500-million US renovation of the 99-year-old stadium.

The thorniest issue is the plan for a 6,000-square-foot video screen over left field, like those in most ballparks. The difference in Chicago is that the stadium — the second-oldest in baseball — is surrounded by privately owned clubs that have built rooftop bleachers and object to any changes to the park that could block their bird's-eye views. THE ASSOCIATED PRESS

NBA. Lillard blazes way to unanimous Rookie of the Year selection

It's unanimous: Damian Lillard is the NBA's Rookie of the Year.

No, it never was in question.

Lillard, the sixth overall pick in last June's draft out of Weber State, led all rookies with a 19-point scoring average. He also averaged 6.1 assists and 3.1 rebounds, playing in all 82 games this season.

Lillard broke Stephen Curry's rookie record for 3-pointers in a season, finishing with 185. He is the fourth player in league history to win the Eddie Gottlieb Trophy unanimously, joining Blake Griffin in 2011, David Robinson in 1990 and Ralph Sampson in 1984.

"I think the best thing for me is to take it all in," he said. "Then tomorrow I've got to let it go. I've got my whole career in front of me."

Lillard pretty much was a lock for the award after he swept all six Rookie of the Month awards this season. He is the eighth player to win in every month of the season since the award was created in 1981-82.

"I kind of figured I was ahead," Lillard said about the race for the honour. "But I didn't think I had it locked up."

Damian Lillard of the Portland Trail Blazers was named the NBA's Rookie of the Year on Wednesday. GETTY IMAGES FILE

When he let Weber State know he was going pro, Lillard announced his goal was to win Rookie of the Year.

"I came out and I proved it up," the six-foot-three guard said. THE ASSOCIATED PRESS

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 SERIES — All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami wins 4-0)

NEW YORK (2) VS BOSTON (7)
(New York leads 3-2)
Wednesday's result
Boston 92 New York 86

INDIANA (3) VS ATLANTA (6)
(Series tied 2-2)
Wednesday's result
Atlanta at Indiana
Friday's game
Indiana at Atlanta, TBD

BROOKLYN (4) VS CHICAGO (5)
(Chicago leads 3-2)
Thursday's game
Brooklyn at Chicago, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V HOUSTON (8)
(Oklahoma City leads 3-1)
Wednesday's result
Houston at Oklahoma City

SAN ANTONIO (2) VS L.A. LAKERS (7)
(San Antonio wins 4-0)

DENVER (3) VS GOLDEN STATE (6)
(Golden State leads 3-2)
Tuesday's result
Denver 107 Golden State 100
Thursday's game
Denver at Golden State, 10:30 p.m.
Saturday, May. 4
x-Golden State at Denver, TBD

L.A. CLIPPERS (4) VS MEMPHIS (5)
(Memphis leads 3-2)
Tuesday's result
Memphis 103 L.A. Clippers 93
Friday's game
L.A. Clippers at Memphis, TBD
Sunday's game
x-Memphis at L.A. Clippers, TBD
x — if necessary.

NHL PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 SERIES — All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Pittsburgh leads 1-0)
Wednesday's result
Pittsburgh 5 N.Y. Islanders 0
Friday's game
N.Y. Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
Thursday's game
Ottawa at Montreal, 7 p.m.
Friday's game
Ottawa at Montreal, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)
Thursday's game
NY Rangers at Washington, 7:30 p.m.
Saturday's game
NY Rangers at Washington, 12:30 p.m.

BOSTON (4) VS. TORONTO (5)
(Boston leads 1-0)
Wednesday's result
Boston 4 Toronto 1
Saturday's game
Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago leads 1-0)
Tuesday's result
Chicago 2 Minnesota 1 (OT)
Friday's game
Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
(Anaheim leads 1-0)
Tuesday's result
Anaheim 3 Detroit 1
Thursday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
Wednesday's result
San Jose at Vancouver
Friday's game
San Jose at Vancouver, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
(St. Louis leads 1-0)
Tuesday's result
St. Louis 2 Los Angeles 1 (OT)
Thursday's game
Los Angeles at St. Louis, 9:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	19	8	.704	—
New York	17	10	.630	2
Baltimore	16	11	.593	3
Tampa Bay	12	14	.462	6½
Toronto	**10**	**18**	**.357**	**9½**

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	14	10	.583	—
Detroit	15	11	.577	—
Minnesota	12	12	.500	2
Cleveland	12	13	.480	2½
Chicago	10	15	.400	4½

WEST DIVISION

	W	L	Pct	GB
Texas	17	9	.654	—
Oakland	16	13	.552	2½
Seattle	12	17	.414	6½
Los Angeles	10	17	.370	7½
Houston	8	20	.286	10

Wednesday's results
Boston 10 **Toronto 1**
Minnesota 6 Detroit 2
L.A. Angels 5 Oakland 4
N.Y. Yankees 5 Houston 4
Cleveland 6 Philadelphia 0
Chicago White Sox at Texas
Tampa Bay at Kansas City
Baltimore at Seattle
Tuesday's results
Toronto 9 Boston 7
Baltimore 7 Seattle 2
Texas 10 Chicago White Sox 6
Oakland 10 L.A. Angels 6
Kansas City 8 Tampa Bay 2
Cleveland 14 Philadelphia 2
N.Y. Yankees 7 Houston 4
Detroit 6 Minnesota 1

NATIONAL LEAGUE

Wednesday's results
N.Y. Mets 7 Miami 6
Pittsburgh 6 Milwaukee 4
St. Louis 4 Cincinnati 2
Washington 2 Atlanta 0
San Diego at Chicago Cubs
San Francisco at Arizona
Colorado at L.A. Dodgers

Horoscopes

♈ Aries
March 21 - April 20
Today's planetary picture urges you to enjoy the social side of life. You may have a long journey ahead of you but that does not mean you cannot pause to smell the flowers along the way.

♉ Taurus
April 21 - May 21
Why so uptight? Is it because you think a secret is being kept from you? It does not matter what the rest of the world is doing. It matters only what you are going to do next.

♊ Gemini
May 22 - June 21
You seem to be much in favour with loved ones and friends at the moment, which is good. But don't let their kind words and attention distract you from your most important tasks. There's work to be done.

♋ Cancer
June 22 - July 23
Try to relax and take setbacks in your stride. There will always be things that don't work out the way you want them to — you'll never change that. What you can change is your own attitude. Be confident.

♌ Leo
July 24 - Aug. 23
Someone you don't always get along with seems remarkably friendly at the moment. Is this a genuine change of heart or is it a trap? They just want to draw a line on the past.

♍ Virgo
Aug. 24 - Sept. 23
Is someone at work causing you grief? If so it may be a situation of your own making. Try not to be quite so competitive today. Co-operation is the key to success.

♎ Libra
Sept. 24 - Oct. 23
You seem to think that you alone know how to resolve a tricky situation. Maybe you do but it will still pay you to get other people involved, and that means listening to all opinions.

♏ Scorpio
Oct. 24 - Nov. 22
Now that Mercury has moved into your opposite sign, you should find it easier to reach out to people you know and those you will need to know to further your ambitions.

♐ Sagittarius
Nov. 23 - Dec. 21
It is always easy to see the worst in people but today you should look for the best in them. It's there, if you open your eyes wide enough to see. Look in the mirror and greet your own good side too.

♑ Capricorn
Dec. 22 - Jan. 20
If someone asks what you think of something they have done today, tell them you think it's fantastic, even if you don't. They could do with a confidence boost and you're just the one to give it to them.

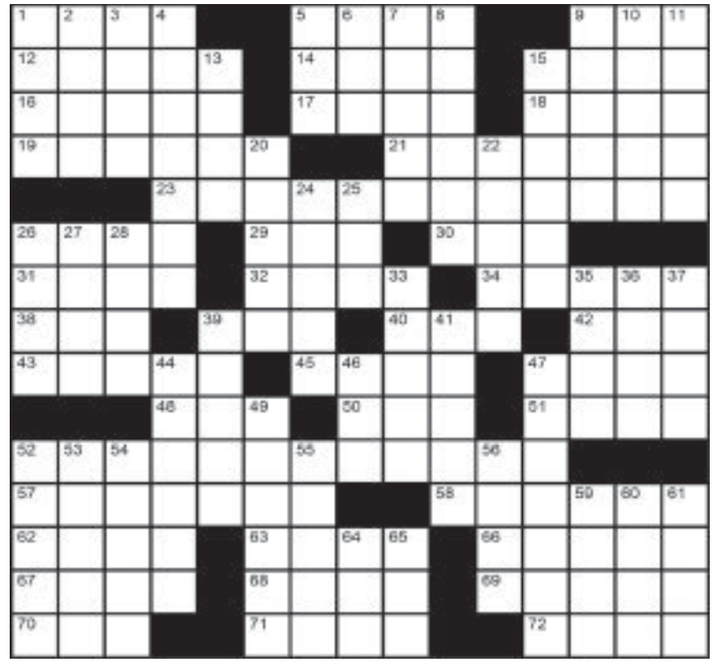
♒ Aquarius
Jan. 21 - Feb. 19
The trick you need to master now is making others believe you are not as smart as you are. If rivals underestimate what you can do, you may catch them off guard and beat them to the prize.

♓ Pisces
Feb. 20 - March 20
Modesty comes naturally to you and that's good because someone will go out of their way to talk you up. It's nice to be flattered, of course, but what is their motive? SALLY ROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



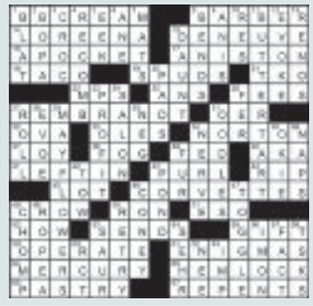
Across

1. Catherine __ (Henry VIII's sixth/last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: __ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, __-Tiki
30. Pastureland parent
31. TV classic, "I Love __"
32. The 'E' in QED
34. Archie Bunker's wife
38. Gone†by
39. Message regarding health or safety, e.g.
40. 'Dull' suffix
42. Thought something was groovy
43. High IQ society
45. Price __
47. Tapestry thread
48. Phone's 8 letters
50. Part, puny-ly
51. Chows down
52. Eastern mountains stretching The States to Quebec/Maritimes
57. __ Falls, Ontario
58. Second Cup servings
62. Great dancer Mr. Kelly
63. Exist
66. Single-named songstress
67. Decorated, as cupcakes
68. 'Persist' suffix
69. Mr. Savard, Hockey Hall of Famer
70. Snake-like splasher
71. Region [abbr.]
72. Think, archaically

Down

1. Singers for Gladys
2. Hurried office memo letters
3. Appraise
4. Canadian National __
5. Fragment
6. Kiev's li'l land
7. Christopher Plummer film role, Captain __ von Trapp
8. Form of comedy
9. Ketchup brand
10. Buffoonery
11. '80s rockabilly hit: "__ Cat Strut"
13. Coca-__
15. Gold-__
20. Comic actress Wanda
22. Shaped with an axe
24. Ms. Jones of song
25. 'Phenom' add-on
26. Beach sighting
27. Massive
28. PC picture
33. "Star Trek" star George
35. Light bulb meaning!
36. __ of hair
37. Tiny tallnesses
39. Ms. Abdul
41. Sceptre-holder's characteristic
44. Put on, as plays
46. Suffix with 'Ghoul'
47. Canadian airline
49. Scoundrel of yore
52. Rolling Stones ballad
53. Period __ (Historic flick)
54. __ of experts (TV debate show guests)
55. British actor Michael
56. Captures
59. Unit of pressure
60. Cogito __ sum (I think therefore I am)
61. Distort
64. Pre-DVD machine
65. Always, fancy-style

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			1		4			8
9	1	6				4	3	5
		5	4		2	8		
8								2
		9	8		5	6		
1	7	4				9	8	3
2			7		8			6

Yesterday's Sudoku

5	1	2	4	9	8	6	7	3
9	8	7	6	3	2	1	4	5
3	6	4	7	1	5	2	8	9
2	4	8	3	5	9	7	6	1
1	3	9	2	6	7	4	5	8
6	7	5	8	4	1	9	3	2
8	5	1	9	7	6	3	2	4
4	9	6	5	2	3	8	1	7
7	2	3	1	8	4	5	9	6

Weather

TODAY	FRIDAY	SATURDAY
MAX: 2° MIN: -8°	MAX: 7° MIN: -2°	MAX: 10° MIN: 5°

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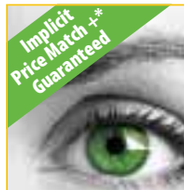

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661 Corydon Ave.
(204) 231-1650

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(Kenaston at McGillivray)
(204) 947-9570

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948 St. James St.
(204) 831-1234

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(204) 339-8895

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(204) 774-2412

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(204) 482-9667

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Nickel Communications
Unit H – 197 Main St.
(204) 326-4988

WINKLER
Nickel Communications
9 – 820 Triple E Blvd.
(204) 325-4121

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Teleco
Unit B3 – 1128B 18th St.
(204) 727-0100

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268 Hamilton St.
(204) 476-2333

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(204) 467-2014

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Reimer Antenna Service
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(204) 857-9001

SWAN RIVER
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